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Sam Stern's Student Cookbook

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Extract

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Best Beef Chilli

Having a movie marathon/poker night/party? Sort this out. Make it a couple of days ahead if that helps. Let the flavours develop. Chuck loads of chilli in (maybe a bit of chocolate, Mexican-style). Pile on the extras and get the beers in.

1. Heat olive oil gently in a big pot. Fling in onions, garlic. Cook gently till soft, not coloured (5–10 minutes).

2. Add the chilli or chilli flakes, cumin, coriander, red peppers. Increase the heat and stir. Chuck the beef in. Stir briskly till it's browned up.

3. Add tomatoes, ketchup, purée, sugar, cinnamon, beans, stock or water, lemon/lime juice, salt and pepper. Stir well.

4. Bring slowly to boil. Reduce heat. Simmer very gently, covered, for 1–2 hours. Stir occasionally. Taste, adjust seasoning. Add coriander and Tabasco.



YOU CAN

✱ make traditional cornbread or muffins. Mix 110g/4oz plain flour, 1 level tbsp baking powder, 110g/4oz polenta, 75g/3oz grated Cheddar. Add 300ml/10fl oz milk, 2 beaten eggs, 50g/2oz melted butter. Bake in greased muffin tin (12–15 minutes) or 900g/2lb loaf tin (40–50 minutes) at 200°C/400°F/gas 6.

FEEDS 8 ££

2 tbsps olive oil
2 big onions, finely chopped
2 cloves garlic, crushed
2 chillies, de-seeded, finely chopped, or 1 tsp chilli flakes
1 tsp cumin
1 tsp coriander
2 red peppers, de-seeded, chopped small
900g/2lb best minced beef
2 x 400g/14oz cans chopped tomatoes
4 tbsps ketchup
4 tbsps tomato purée
1 tsp sugar
1 pinch cinnamon
1 x 400g/14oz can red kidney beans
1 x 400g/14oz can haricot beans
200ml/7fl oz stock/water
Juice of 1 lemon/lime
Salt and pepper
1 tbsp coriander, chopped
Hot pepper sauce or Tabasco (optional)

Extras

Guacamole (pg 18)
Sour cream
Grated Cheddar
Nachos
Cornbread or muffins

